

Fruit of the Month

Kiwi



Did You Know

Did you know that kiwifruit is more than 700 years old? Kiwifruit history began in the Yang-tse river valley in China, where it was called "Yangtao." The Yangtao was considered a delicacy by the court of the great Khans who cherished its delicious flavor and emerald-green color. The small, brown, fuzzy "Yangtao" fruit grew wild on vines that wrapped around trees. Between 1800 and 1900 knowledge of the fruit spread to other countries, and samples of the fruit and seeds were sent to England. In 1904 plant cuttings were brought to the United States (1999 Produce Availability and Merchandising Guide, The Packer, 1999). Seeds were sent to New Zealand in 1906, and the fruit was renamed the "Chinese Gooseberry" (Wellness Encyclopedia of Food and Nutrition, 1992). New Zealand's "Chinese Gooseberry" variety was first shipped to the United States in 1962, where it was re-named *Kiwifruit* after New Zealand's national bird the "kiwi." In the 1970s it was grown in California and available for the first time in supermarkets throughout the United States. Most kiwifruit imported to the United States comes from Chile and New Zealand. Kiwifruit is available year-round.

Selection

Select kiwifruit with no bruises or soft spots. Avoid fruits with wrinkles or signs of exterior damage. Buy firm kiwifruit and let them ripen at home for a juicier flavor. A kiwifruit is ripe when plump and slightly soft to the touch with a fragrant smell.

Storage

Ripen kiwifruit at room temperature for 3 to 5 days. If necessary, ripe kiwifruit can be stored in the refrigerator for up to 7 days. If they need to be stored longer, put kiwis in a plastic bag in the refrigerator for up to 2 weeks. The plastic bag helps reduce moisture loss so kiwifruit stays fresh longer. Putting kiwifruit near fruits that produce ethylene gas, such as apples, bananas or pears, will speed up the ripening process. So if you want to ripen kiwifruit quickly, put kiwi in a bag with these kinds of fruit for a day or two.

Preparation

You can eat the fuzzy skin on the outside of the kiwifruit. The skin is very thin and just needs to be rinsed and rubbed lightly to dry. Then, cut in quarters like an orange and enjoy-skin and all! It's easy to peel kiwifruit. First, cut off the top and bottom ends, and then peel down the sides with a vegetable peeler or knife. Slice or quarter into bite-size pieces and enjoy kiwifruit's refreshing taste.

Nutrition Facts

Serving Size (148g)
Servings Per Container

Amount Per Serving

Calories 90 **Calories from Fat 5**
% Daily Value*

Total Fat 1g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber 5g	20%
Sugars 17g	

Protein 1g

Vitamin A 6% • **Vitamin C** 240%
Calcium 4% • **Iron** 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Varieties

Kiwifruit can be medium or small in size, although most are small. They are brown and fuzzy on the outside and bright green on the inside with tiny black seeds. The shell or skin of the fruit can be eaten or peeled. Kiwifruit is a member of the botanical family Actinidia and there are 400 different varieties. Kiwifruit vines are trained to grow on a trellis, and vines can be as high as 15 feet. This helps plants get enough light and air for optimal fruit quality. The fruit hangs down along the sides, like table grapes. The Hayward variety is the most popular U.S. variety. The flavor is a mixture of peaches, strawberries, and melon with a soft and juicy texture. It's one of the most popular fruits today. Kiwifruit is high in antioxidant vitamin C and a good source of fiber, vitamin E and potassium. It is fat free, sodium free and cholesterol free.

Make Kiwifruit Part of Your 5 A Day Plan



- Kiwifruit comes with its own serving cup. Just cut them in half through the middle and scoop out each half with a spoon.
- Add one to your lunch box.
- For a spicy delicious treat use it in making salsa to serve over your favorite meat.
- Peel and slice kiwi to use in a fruit salad or top your favorite cereal in the morning.
- Garnish breakfast, lunch, and dinner entrees with kiwifruit slices or wedges.

Little known Facts

Did you know kiwifruit could also be used as a natural meat tenderizer? That's because kiwifruit contains an enzyme called Actinidin. Just cut in half and rub kiwifruit over the meat, or peel and mash with a fork then spread it on the surface of the meat and let stand for 10 to 15 minutes or longer. The enzyme Actinidin also breaks down protein in dairy products. That's why when kiwifruit is combined with low fat ice cream, yogurt, or sour cream, it's best to serve and eat it right away.

Recipes

Tangerine Kiwifruit Salad with Cranberry Dressing

Makes 4 servings

Each serving equals one 5 A Day serving

Source: Produce for Better Health/Sunkist Growers, Inc.

lettuce leaves

2 tangerines, peeled, thinly sliced

2 kiwifruit, peeled, thinly sliced

tangerine peel strips (optional)

$\frac{1}{2}$ cup whole cranberry sauce (for dressing)

$\frac{1}{2}$ cup non-fat strawberry or mixed berry-flavored yogurt (for dressing)

On 4 salad plates, arrange lettuce leaves. Arrange tangerine and kiwifruit slices over lettuce. Spoon dressing over salads. Garnish with strips of tangerine peel if desired.

Cranberry Dressing Preparation:

In blender container combine cranberry sauce and yogurt. Cover and blend until smooth. Makes about 1 cup.

Nutritional analysis per serving: calories 118, protein 2g, fat 1g, percent calories from fat 3%, cholesterol 1mg, carbohydrates 29g, fiber 3g, sodium 26mg

Easy Fruit Mix

Combine kiwifruit slices, pineapple chunks, strawberry halves, banana slices and pitted cherries. Add a touch of orange juice concentrate and top with some fat free whipped topping.

Fat-Free Kiwi Mango Salsa

Makes 1 serving or $\frac{1}{2}$ cup

Each serving equals one 5 A Day serving

Source: Produce for Better Health

1 kiwi

$\frac{1}{4}$ cup mango

1 Tbsp cilantro, chopped

2 tsp lime juice

$\frac{1}{2}$ tsp minced chilies

pinch of salt

Peel kiwi and cut into eighths and then dice. Place diced kiwi in bowl and mix gently with other ingredients. As an alternative, substitute $\frac{1}{4}$ c dried figs for the mango.

Nutritional analysis per serving: calories 86, protein 1g, fat 1g, percent calories from fat 5%, cholesterol 0mg, carbohydrates 22g, fiber 4g, sodium 241mg

Tropical Fruit Sundae

Makes 8 servings

Each serving equals one 5 A Day serving

Source: Produce for Better Health/Steve White

- 1 cup pineapple (fresh), bite size
- 1 cup strawberries (fresh), sliced
- 3 kiwifruit, sliced
- 1 cup sapote (sliced) (2-3 fruits)
- 1 orange, sectioned
- 2 tsp lemon juice
- $\frac{1}{2}$ cup pina colada yogurt
- 6 Tbsp peanuts, chopped
- 8 maraschino cherries

Combine first five ingredients and coat with lemon juice. Divide fruit among 8, five-ounce stemmed glasses. Top with yogurt, then nuts, then cherry. Refrigerate.

Nutritional analysis per serving: calories 221, protein 5g, fat 4g, percent calories from fat 16%, cholesterol 0mg, carbohydrates 47g, fiber 5g, sodium 20mg

Fruit Compote Crepes

Makes 4 servings

Each serving equals one 5 A Day serving

Source: Produce for Better Health/Frieda's, Inc.

1 cup strawberries, sliced

2 kiwifruit, peeled and sliced

1 navel orange, halved, peeled, and sectioned

1 cherimoya, peeled, seeded, and chunked or 1 cup pineapple chunks

$\frac{1}{2}$ cup red or green seedless grapes, halved

3 Tbsp Grand Marnier or Triple Sec Liqueur (optional) or orange juice concentrate

4 crepes at room temperature

4 tbsp light frozen non-dairy whipped topping, thawed

fresh starfruit slices, or mint for garnish

In bowl, toss together fruit; spoon Grand Marnier or orange juice concentrate over. Chill for up to several hours. To serve, divide fruit among 4 crepes; fold crepes over fruit. Top each crepe with 1 Tbsp whipped topping.

Nutritional analysis per serving: calories 170, protein 3g, fat 1g, percent calories from fat 6%, cholesterol 0mg, carbohydrates 41g, fiber 7g, sodium 9mg

Turkey and Kiwifruit Pasta Salad

Makes 8 servings

Each serving equals one 5 A Day serving

Source: New Zealand Kiwifruit Marketing Board

- $\frac{1}{2}$ cup wine vinegar
- $2\frac{1}{2}$ tbsp olive oil
- 2 Tbsp Dijon mustard
- 2 tsp basil
- 1 clove garlic (large), minced
- 1 package (8 oz.) Spiral noodles
- 2 cups broccoli flowerets
- 2 cups crookneck squash, sliced
- 3 kiwifruit
- 1 lb cooked turkey breast, slivered
- 1 cup red pepper strips
- $\frac{1}{2}$ cup green onions, sliced
- $\frac{1}{3}$ cup parmesan cheese, grated

Combine vinegar, oil, mustard, basil, and garlic; mix well. Cook noodles as package directs. Add broccoli and squash to the last 30 seconds of cooking the noodles and drain. Pour dressing over noodles, and allow to cool. Peel and slice kiwifruit. Toss turkey, red pepper, green onions and kiwifruit with pasta. Sprinkle with parmesan cheese to serve.

Nutritional analysis per serving: calories 248, protein 17g, fat 7g, percent calories from fat 25%, cholesterol 28mg, carbohydrates 30g, fiber 3g, sodium 453mg

Broiled Summer Fish with Fruit Salsa

Makes 6 servings

Each serving equals one 5 A Day serving

Source: Produce for Better Health/Jennifer Russ

1½ lbs tuna steaks

1 peach (ripe)

½ avocado (ripe)

1 banana

4 strawberries (large, ripe)

1 kiwi

½ cup pineapple

¼ cup red or Vidalia onion

2 Tbsp fresh ginger

1 tsp olive oil

2 Tbsp lime juice

For salsa: wash and cut all ingredients (except fish) into very small pieces. Mix with oil and let stand in refrigerator for 1-2 hours. Grill or broil fish, seasoned with fresh cracked black pepper until done, about 10 minutes per inch of fish. Top fish with fruit salsa.

Nutritional analysis per serving: calories 200, protein 28g, fat 5g, percent calories from fat 21%, cholesterol 51mg, carbohydrates 12g, fiber 3g, sodium 42mg

New Zealand Brown Rice Salad

Makes 6 servings

Each serving equals one 5 A Day serving

Source: Produce for Better Health/ENZA Fresh Inc.

- 1 cup brown rice
- 2 kiwifruit
- 1 Braeburn or Fuji apple
- $\frac{1}{2}$ cup celery, thinly sliced
- $\frac{1}{2}$ cup red pepper, cut into strips
- $\frac{1}{4}$ cup walnut pieces, toasted
- $\frac{1}{4}$ cup green onions, thinly sliced
- 2 Tbsp parsley, chopped
- 3 Tbsp sherry vinegar
- 1 Tbsp olive oil

Cook rice according to package directions. Drain and cool. Peel kiwifruit and cut into $\frac{1}{4}$ inch thick slices. Cut slices in half to form half circles. Core apple and dice apple into $\frac{1}{2}$ inch cubes. In a salad bowl, toss together rice, kiwifruit, apple, celery, red pepper strips, walnuts, green onions and parsley. Mix together vinegar and oil; drizzle over salad. Toss to mix well. Cover and refrigerate 1-2 hours to allow flavors to blend before serving.

Nutritional analysis per serving: calories 126, protein 2g, fat 5g, percent calories from fat 30%, cholesterol 0mg, carbohydrates 20g, fiber 3g, sodium 57mg